

The Pregnant Father



THE PREGNANT FATHER

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30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Ivory Tower Publishing Co., Inc.
125 Walnut St., P.O. Box 9132, Watertown, MA 02272-9132
Telephone #: (617) 923-1111 Fax #: (617) 923-8839

INTRODUCTION

Fathers usually get lost in the pregnancy comedy. While friends, family and in-laws surround the pregnant woman with concern and excitement and wonderful support systems, the father, often every bit as pregnant as his wife, is ignored. A pregnant father is a key part of the life creation process and until this book came along, few support systems existed for him.

At any rate, pregnant fathers are much too busy painting the former guest room or home office into a nursery and making sure the car will start on cold mornings to spend time reading book introductions. Come to think of it, no one reads book introductions, at least not in my books, where skipping forward to the cartoons seems to be the prevalent activity.



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**Telling the father he's pregnant in a clinical atmosphere
can be shocking to his delicate system.**

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Telling the father he's pregnant in a quiet, romantic setting often cushions the fright.

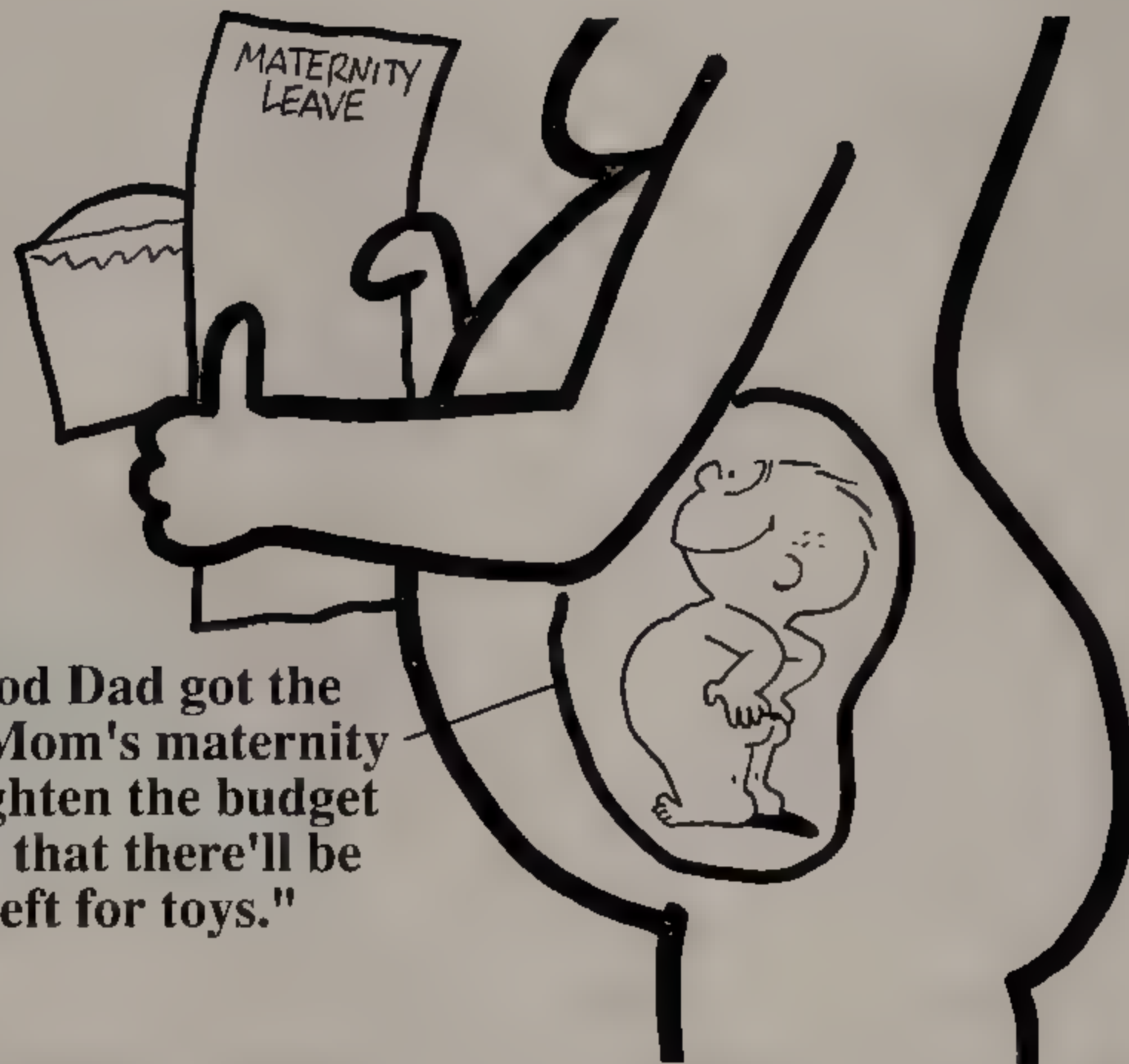
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Most Pregnant Fathers share their happiness with their parents and a few close friends who can keep a secret.

**"I haven't even
been born yet and Dad's
worrying about college."**





"Thank God Dad got the promotion. Mom's maternity leave will tighten the budget to the point that there'll be nothing left for toys."

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The Pregnant Father's mother-in-law finally has confirmation that her daughter is being ravished.

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The aunts all say it's about time.

**"Cool it with the lovey
dovey stuff, Dad. You're
not alone anymore."**





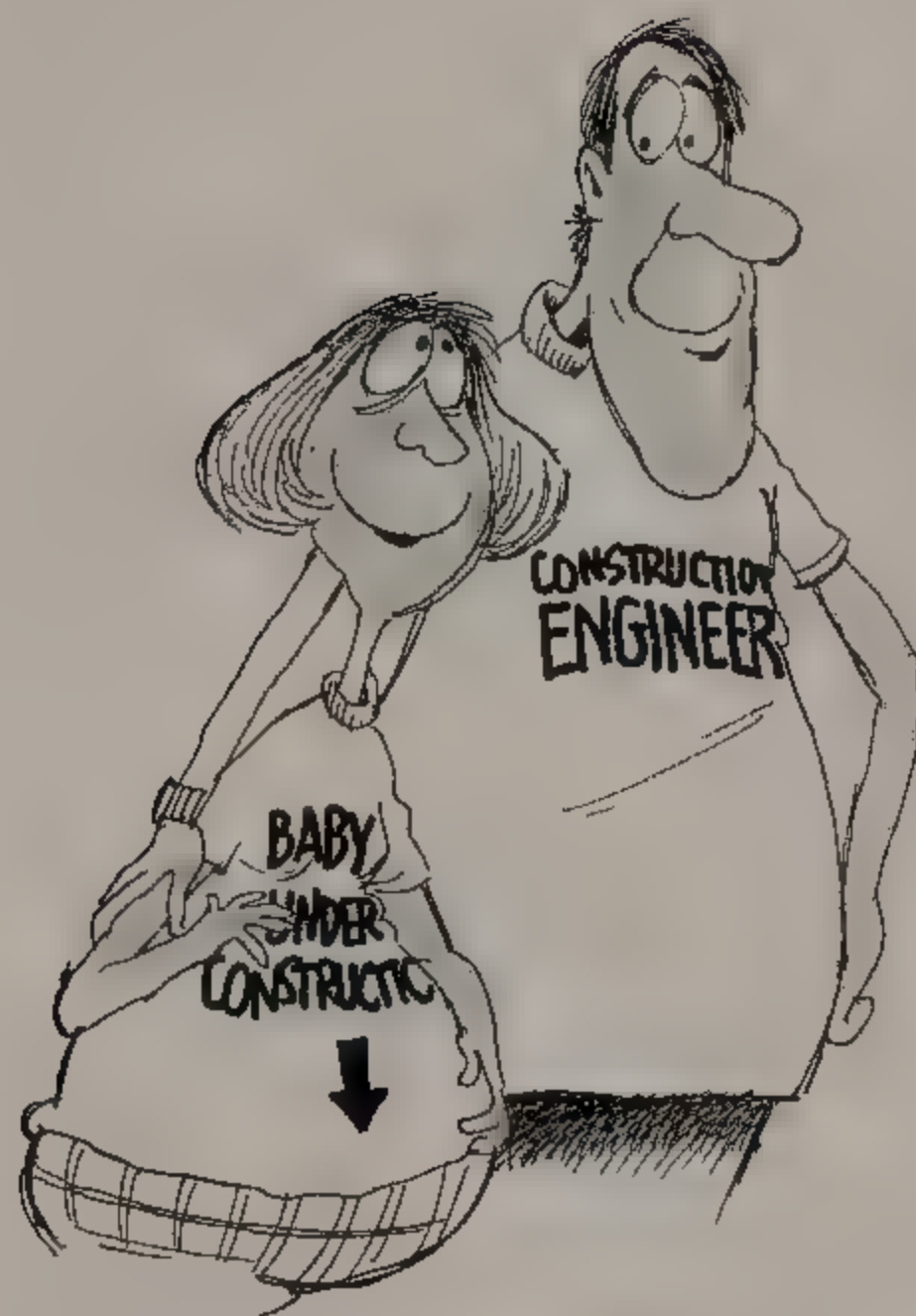
"It's a real pain
keeping Dad's side of
the family straight."

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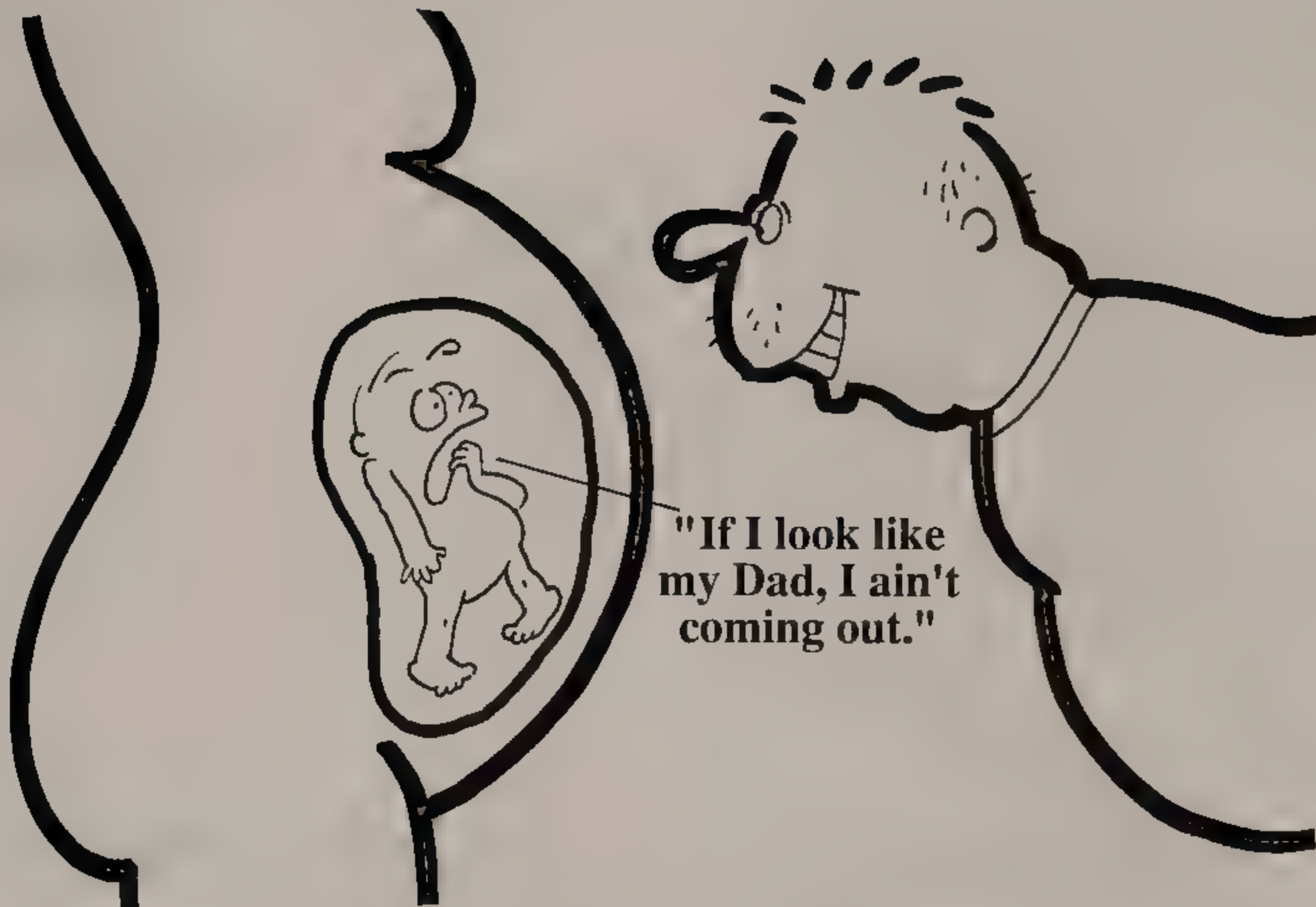


Senior family members are always available
with old-world advice.

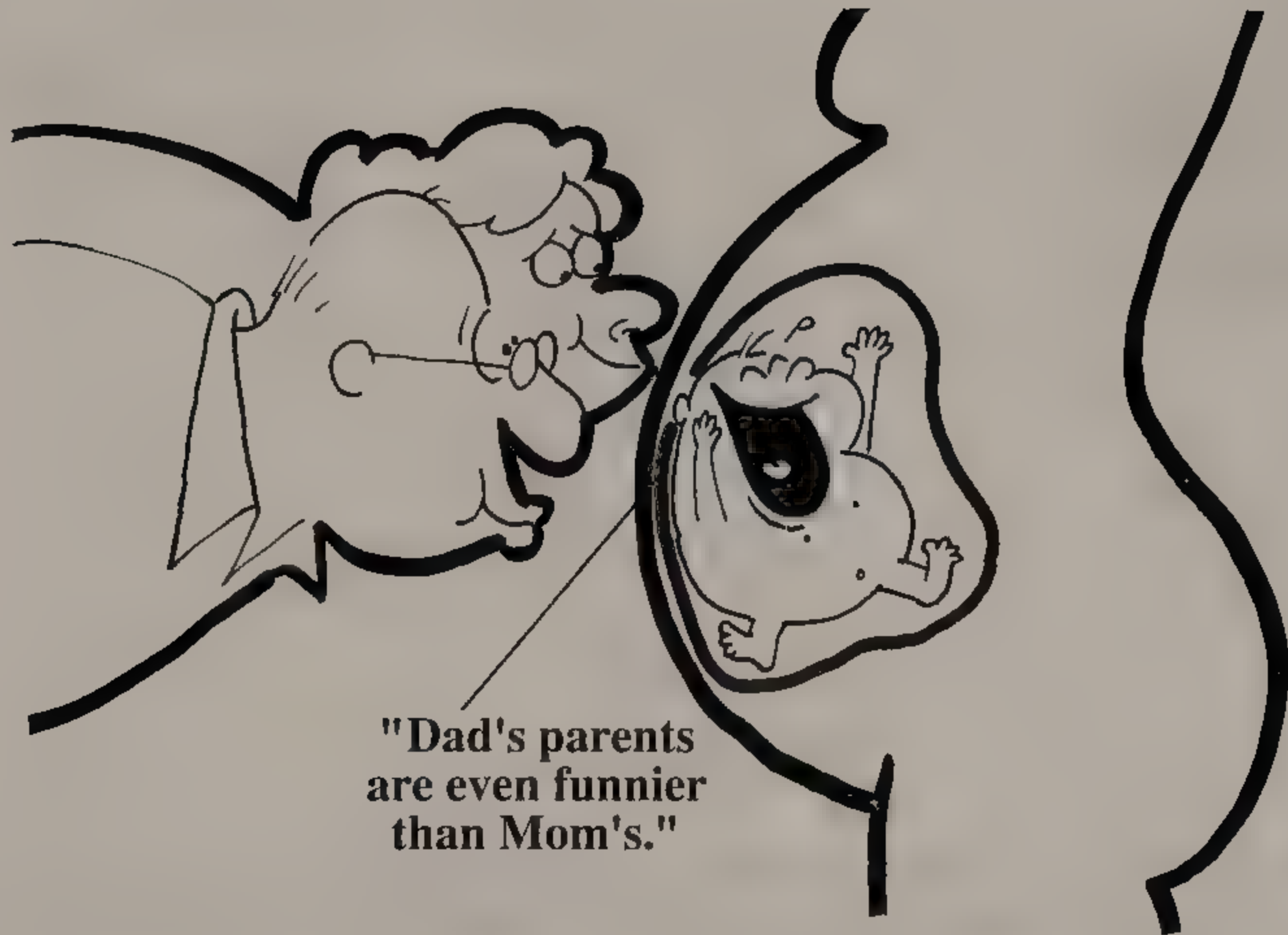
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Having proved his manliness, the Pregnant Father
can afford to be modest.



**"If I look like
my Dad, I ain't
coming out."**



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Pregnant Fathers sometimes lose interest in sex
during the last months of pregnancy.

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Having a good pregnancy depends largely on mental attitude and recognizing that a few adjustments to your lifestyle are likely.

**"Dad's right.
This yoga stuff is
positively dangerous."**



**"Every time Dad
gets interested in sex,
I get the hiccups."**



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Morning sickness means Pregnant Fathers seldom have traditional breakfasts in their own kitchens.

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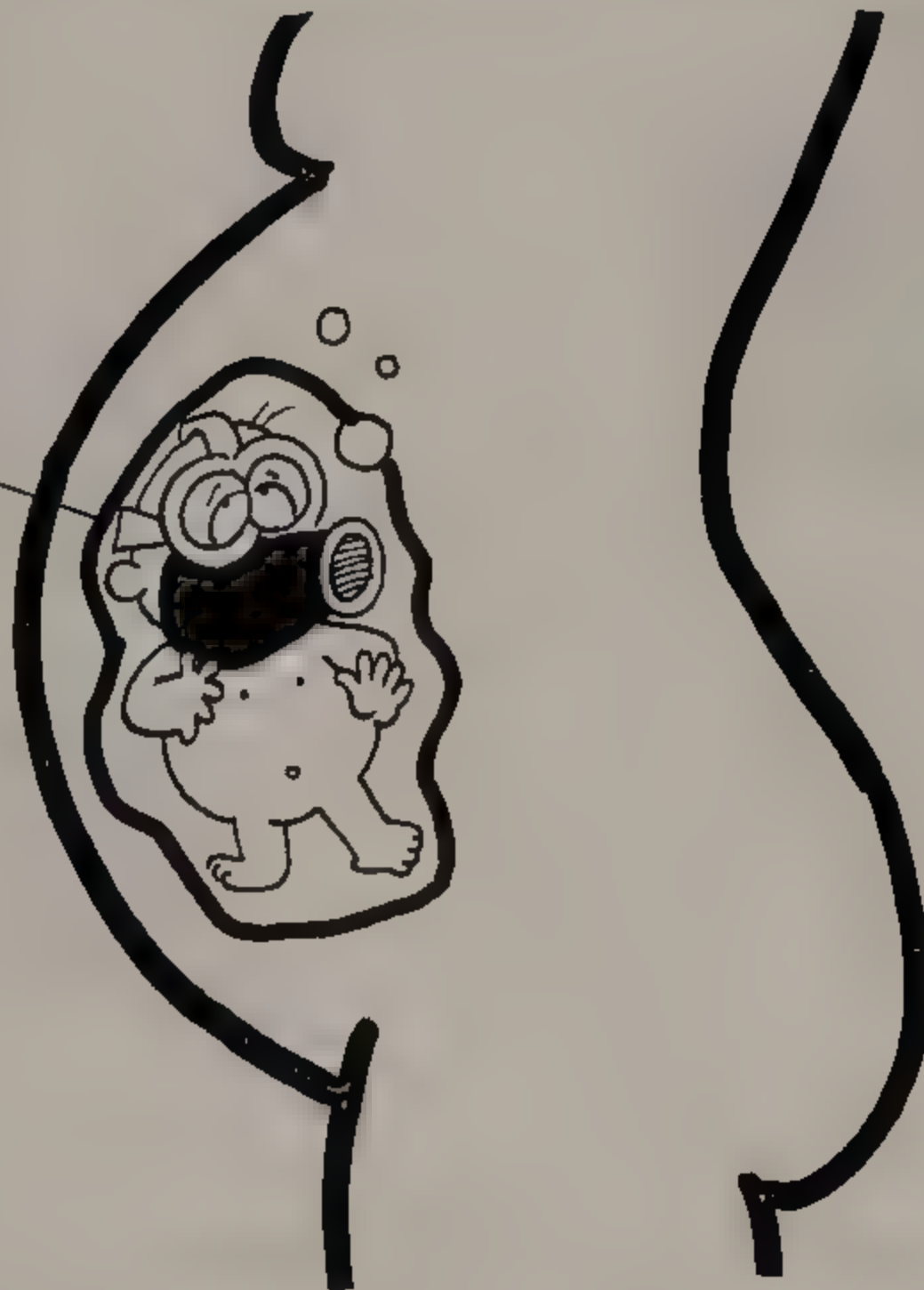


Some of the odors associated with travel can be devastating during the first few months.



**"Hey, Dad,
these bumpy roads
are fun."**

**"I wonder how Dad can
share a bed with someone
who gets so gassy."**



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After surviving the months of morning sickness,
enjoy the period of cravings.

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A shared diet makes calorie watching easier
for both the Pregnant Father and his wife.



**"Dad, help!
Tell her to stop with
the broccoli and send
down more pretzels."**

**"Dad knows just the
kind of snacks
I'm going to love."**



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Many Pregnant Fathers manage to attend four months of prenatal classes without learning the meaning of a single medical term.

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A Pregnant Father understands the "Teency Weency Bladder Syndrome" and is philosophical about making potty stops every two miles.

**"Come on, Dad.
You're part of this
Lamaze stuff."**



**"I wish Dad wouldn't
let her drink so much lemonade
when there's no toilet around."**



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Pregnant Fathers need lots of rest.



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Pregnant Fathers must make important decisions such as whether to combine Zen with Lamaze during delivery along with meditation and Mozart accompaniment.



"No matter how well
Dad coaches during the
delivery, I can't imagine
squeezing through that
opening."

**"Dad! Mom! Wake up!
I want to play!"**



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Sometimes a Pregnant Father needs help tying shoes.

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Expensive hormone creams can help prevent stretch marks.

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An experienced Pregnant Father knows where to find
the best deals on maternity clothes.

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The exhilaration of a baby's kick can keep even
the most blasé Pregnant Father awake.

**"I can hardly wait
to start wrapping Dad
around my little finger."**



**"They get so excited
every time I give him
a whack."**



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Eating for two gives the Pregnant Father
certain leeway in his diet.



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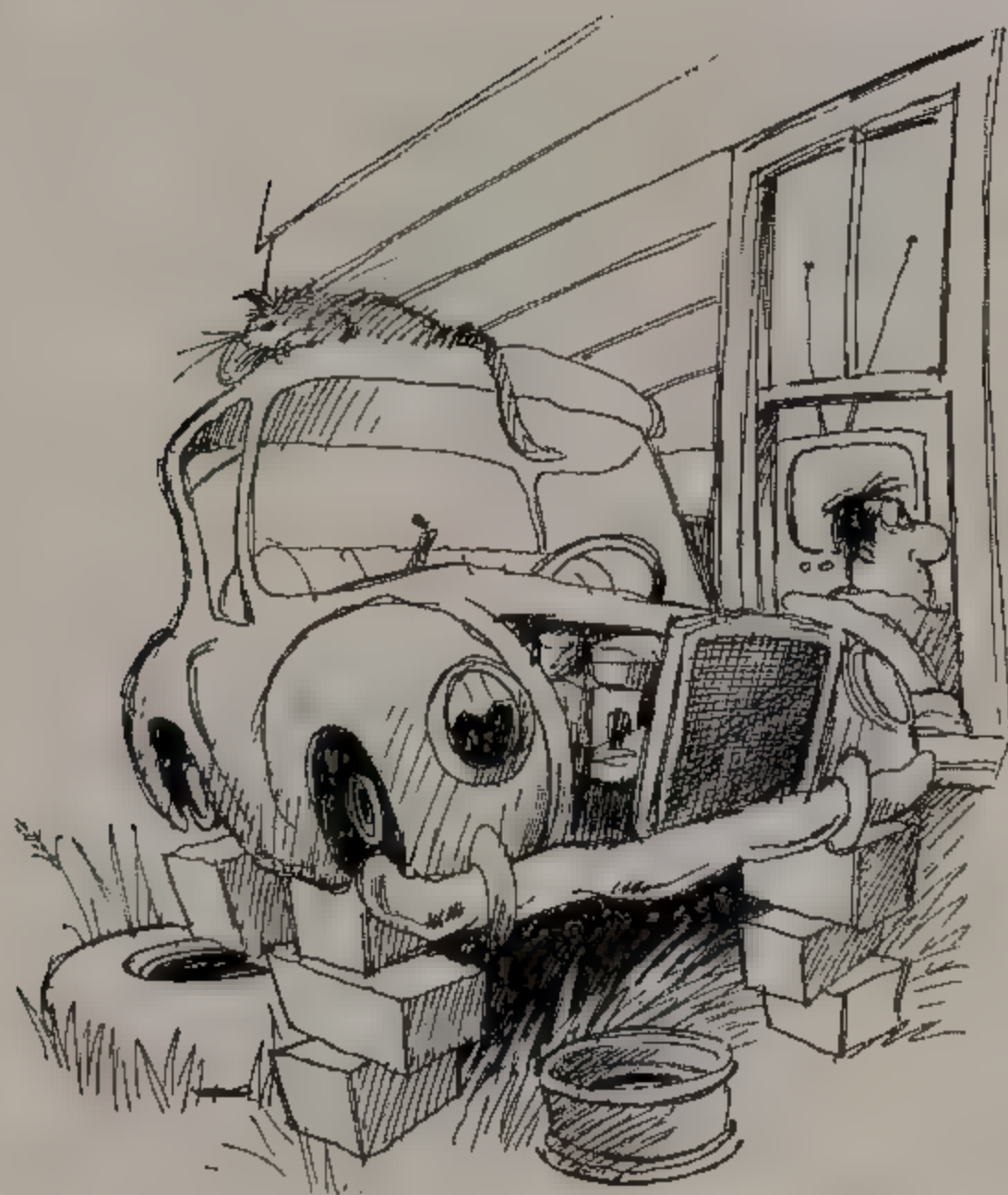
Pregnant Fathers rarely appreciate being referred to as Humpty Dumpty.

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**Most Pregnant Fathers are perfectly willing to trade in
their sports car for a sensible station wagon.**

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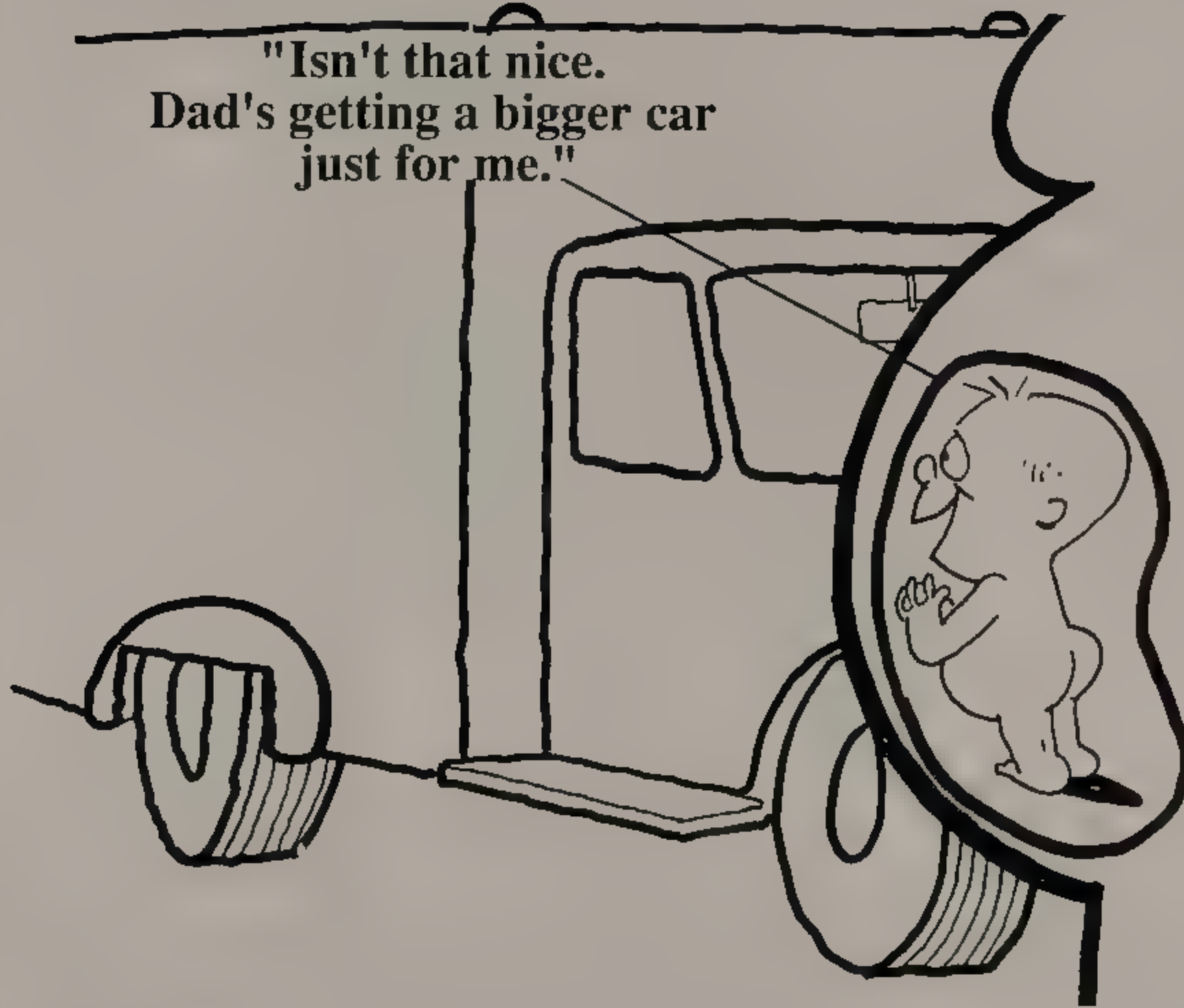


**Pregnant Fathers always keep their cars full of gas
and ready to race to the hospital.**



**"I never get
this car sick when I'm
in Dad's car."**

"Isn't that nice.
Dad's getting a bigger car
just for me."



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A prepared Pregnant Father has the information
ready to expedite checking into the hospital.

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A Pregnant Father remembers everything he learned in prenatal classes. Pant if you feel like pushing...no, don't pant when you feel like not pushing...push when you feel like panting.



**"Dad—help!
At least ask my opinion
about this circumcision
thing."**

**"Dad's already
talking about fixing me
up with a girl who hasn't
even been born."**

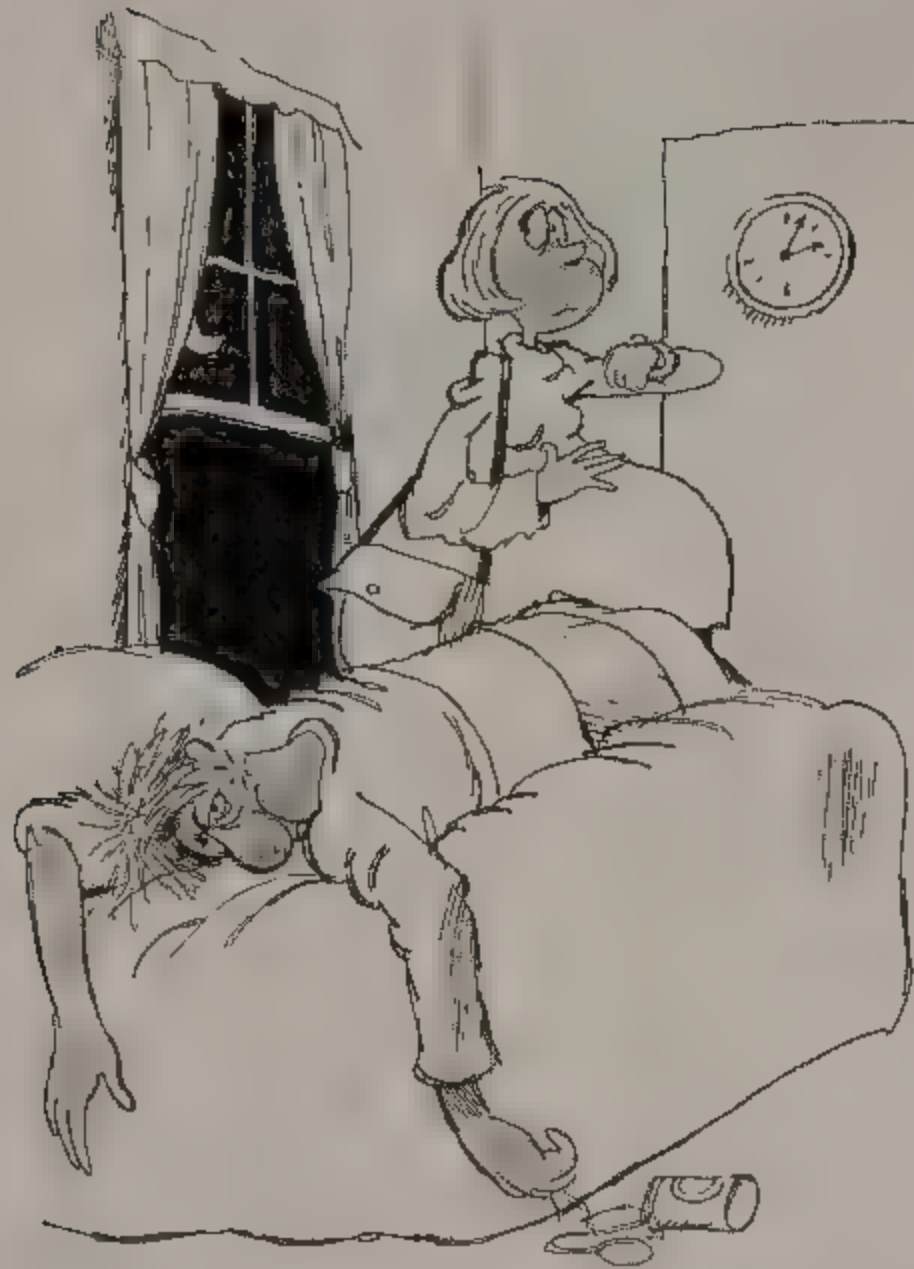


THE BEGINNING

"It's time, Dear." Start listening for this line sometime after the fourth month. Lay on your back, staring at the ceiling, car keys on the nightstand, for several hours every night for five months; when complete nervous exhaustion and the impending inevitable, irreversible weight of responsibility finally take their toll, go out with the guys and tie one on at the Filmore to relieve the pressure. Stagger home and collapse at 2:30 a.m. At 3:45, your wife will whisper demurely, "It's time, Dear."



THE PREGNANT FATHER



"It's time, Dear." After tying one on with other Pregnant Fathers, stagger home at 2:30 a.m., collapse into bed and at 3:45 your wife will whisper demurely, "It's time, Dear."



**"Dad never stops
talking about his little
football player."**

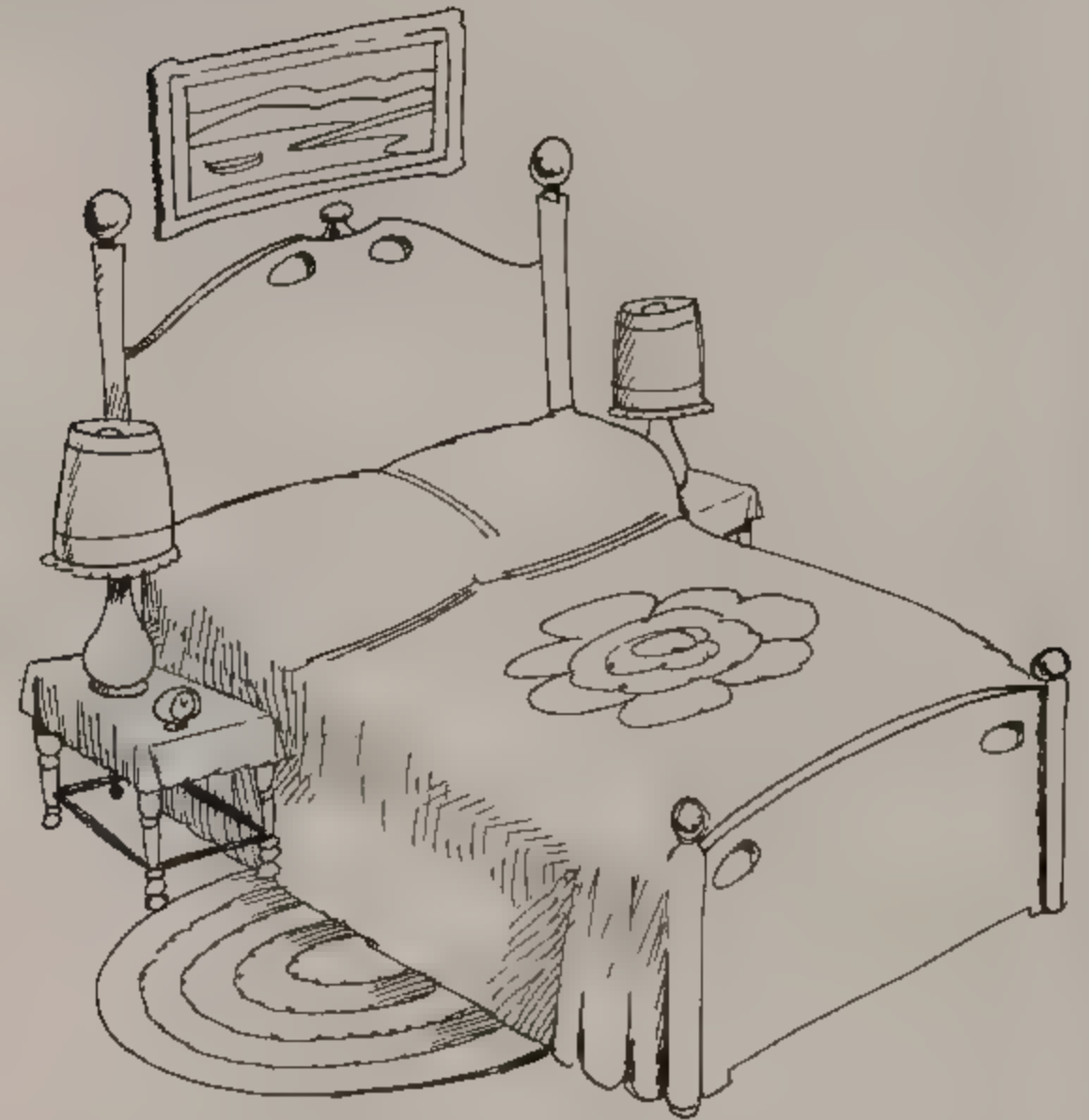


**"Every time Dad
puts his hand there, I
don't move a muscle."**



IT GETS WORSE

For example, the rupturing of the membrane. This is a polite way of saying her water has broken; kind of like driving with a kid who's not potty trained. If you're really lucky, her mother or somebody else will offer to clean the car for you over the next few days, while you're so busy.



A black and white cartoon illustration of a man in a suit running in a panic. He is carrying a briefcase, and a small, startled rabbit is peeking out from inside it. The man has a wide-eyed, frantic expression. Surrounding him are various grooming items: a hairbrush, a comb, a shaving cream can, a razor, a tube of toothpaste, a toothbrush, a hair dryer, and a small bottle of aftershave. The scene suggests he is late for work and forgot his grooming kit.

The ready Pregnant Father has the suitcase assembled and packed months in advance.

**"She wants to go back
to work in three months.
Do you suppose Dad'll
take care of me?"**



**"Disney World! Dad's
saving his frequent flyer
miles for Disney World!"**



TAKE A DEEP BREATH

Don't panic, especially if this is your first child. Only on T.V. does labor move at a lightning pace. This is real life; you've got hours. The doctor will have coffee, organize his files, take a meeting with his stockbroker and stop to wash his car before he arrives at the hospital.

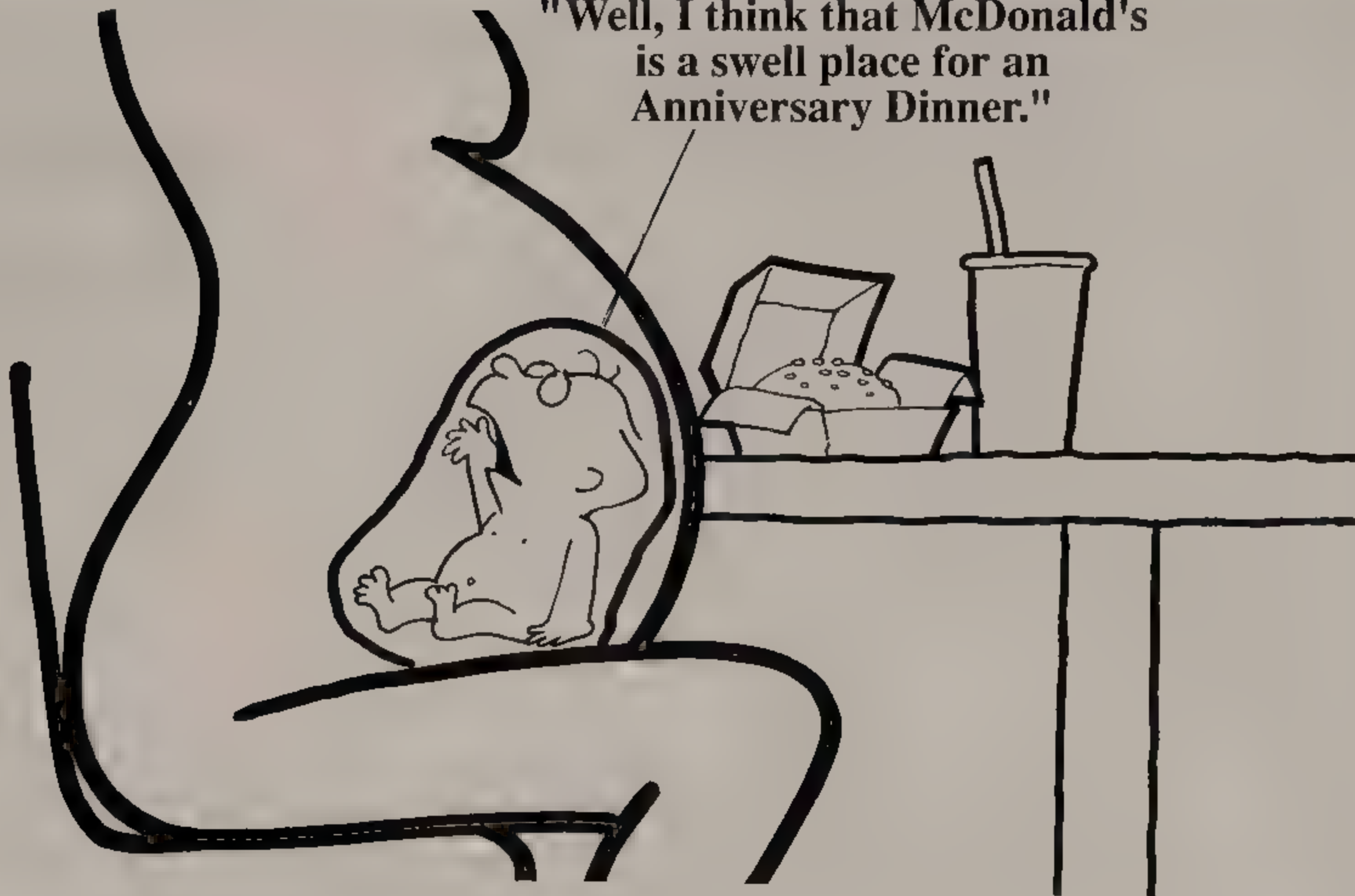


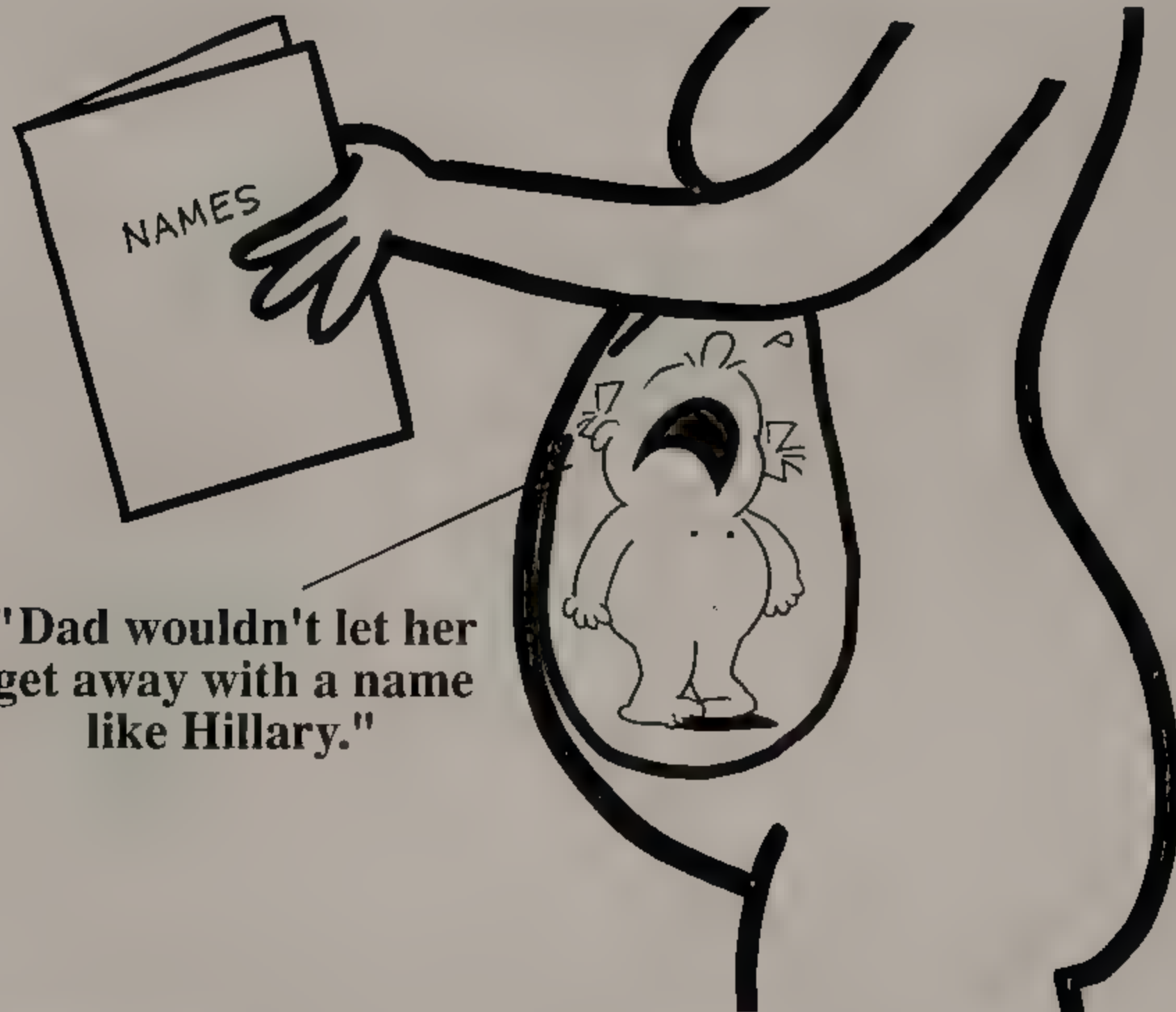
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**Don't panic. Labor only moves quickly on TV.
The doctor will have coffee, call his broker and stop to have
his car washed before arriving at the hospital.**

**"Well, I think that McDonald's
is a swell place for an
Anniversary Dinner."**





**"Dad wouldn't let her
get away with a name
like Hillary."**

WAITING AND WAITING

Remember, he also serves who stands and waits...and waits...and waits. Labor involves a lot of waiting. More than you ever imagined. You will understand why expectant fathers pace. And shred paper. And pace. And arrange the tissues and swabs on the dresser top 7,412 times. And pace. And smoke (even when they don't smoke).



THE PREGNANT FATHER



Remember, he also serves who stands
and waits and waits...and waits.

WAITING AND WAITING

All this waiting wouldn't be half so bad if you had someone to play cards or discuss the Jays with, but your wife is unlikely to be very much company at this point. Women in labor are notoriously miserable, in fact, it is wise to try and resolve any long-standing disagreements well before the onset of true labor, as she is liable to leap on even the smallest excuse to rip your face off the front of your head. After all, it's pretty damned inconsiderate of you to be thin and in no pain when she's suffering so; inconsiderate, but typical of a selfish, insensitive pig like you...this is an ideal time to sneak out the earplugs. Smile encouragingly and nod a lot.



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All this waiting wouldn't be half bad if the Pregnant Father had someone to play cards with or discuss last night's game.

"Dad brought this cold home
from work, and now it's going
to ruin my whole weekend."



**"Just when
do I get to watch
the Super Bowl
with my Dad?"**



THE PREGNANT FATHER



Pregnant Fathers pace and shred papers and smoke,
even when they don't smoke.

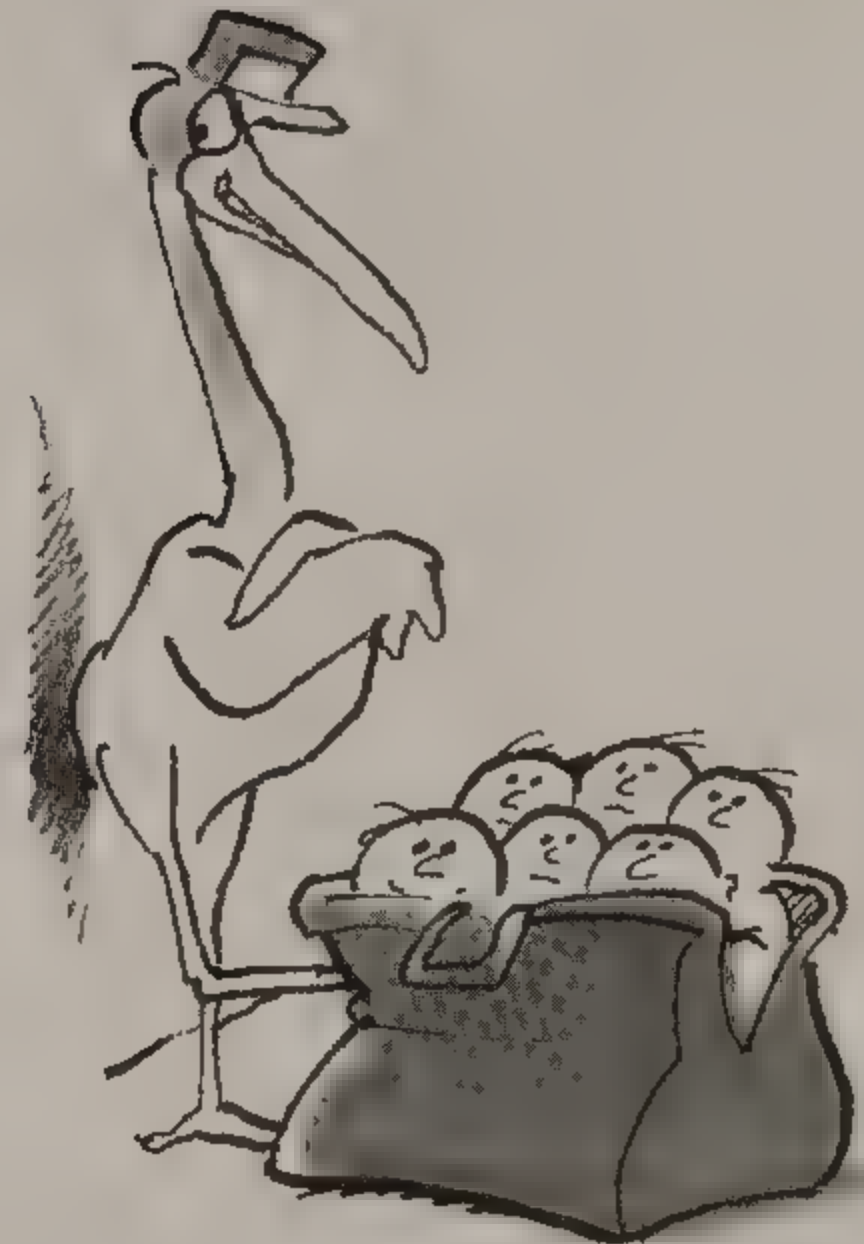
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**The Pregnant Father now plays prop man and clown
to his wife's exciting center ring performance.**

FINALLY THINGS GET MOVING

Transition. The beginning of the end of labor. Exciting, miraculous things are taking place within your wife's body which will serve to make your shortcomings as a husband, lover, father, provider and labor coach stand out more clearly than ever before. This is as good a time as any to drop to the floor, crawl out the door and down the hall to the nurses' station and ask for a cup of chipped ice. This will help in one of two ways: it will soothe your wife's parched lips and convince her that you aren't completely oblivious to her discomfort — or you can use it to chill your beer.



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Getting chipped ice makes the Pregnant Father look helpful and can soothe his wife's parched lips. If she's sleeping, use it to chill your beer.

THE GREATEST SHOW ON EARTH

Delivery: You play combination prop man/clown to your wife's Center Ring performance. Be prepared to be asked to move a lot by doctors, nurses, anesthetists and cleaning women. One of your chief duties will be to hold a little pan about the size of a jar lid while your wife throws up into it; from this you graduate to supporting her while she pushes. If she begins to turn purplish-blue, yell "PUSH! PUSH!" with as much enthusiasm as you can muster. (Try not to think of why she had that enema.) It goes like this: Lift-push-breathe-lift-push-breathe-pause-lift-push-breathe-lift-push-breathe-pause. (This is the essence of three months of prenatal classes; they never tell you what it's really like.) Do 189 reps of this exercise. Just about the time you are too hoarse and exhausted to lift-push-breathe one more time, it happens. A greasy, wrinkled, purple little head shows up and starts screaming. He's here! Your baby is here! LIFE AS YOU KNOW IT IS OVER!!



THE PREGNANT FATHER



The Pregnant Father's chief duty during delivery is to hold a little pan while his wife throws up into it.

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During delivery, the Pregnant Father will be asked to move a lot by doctors, nurses, anesthetists and cleaning women.

THE PREGNANT FATHER



If your wife turns purplish blue, tell her to breathe.
If she wants to push, yell "PUSH, PUSH," with as much
enthusiasm as you can muster.

THE PREGNANT FATHER



The lift-push-breathe is the essence of three months of prenatal classes; they never tell you what it is really like.

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**Just when the Pregnant Father is too hoarse to shout
the lift-push-breathe bit one more time, it happens.**

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Pregnant Fathers should try to ignore the cleanup, the placenta, the stitches, etc. It's like a scene from "Alien."



THE PREGNANT FATHER

**Some nurses think Pregnant Fathers should share
in the joy of a new life...don't you want to see the placenta
pulsing before we cut it?**

A WORD ABOUT NURSES

They come in two varieties, the first being those who think all fathers should share in the joy of the beginning of a new life and who will do everything short of knocking the doctor aside so you can get a closer look at the mirror, which you managed successfully to avoid up till that point. They tend to say things like "Look, father, the anus is fully distended and junior is crowning!" or "But don't you want to see the placenta pulsing before we cut it?"



A WORD ABOUT NURSES

The second type is the battle-ax who is fed up with stepping over unconscious fathers and thinks men should stay in the waiting room, pacing, where they belong. She will seize every opportunity to ask you to leave the room so she can examine your wife (refrain from mentioning that you've seen it before, that's how you got here) or stand in the corner and hold the jar lid until your wife is ready to throw up. It's hard to say which type is more difficult to get along with; it depends on how squeamish you are.



THE PREGNANT FATHER



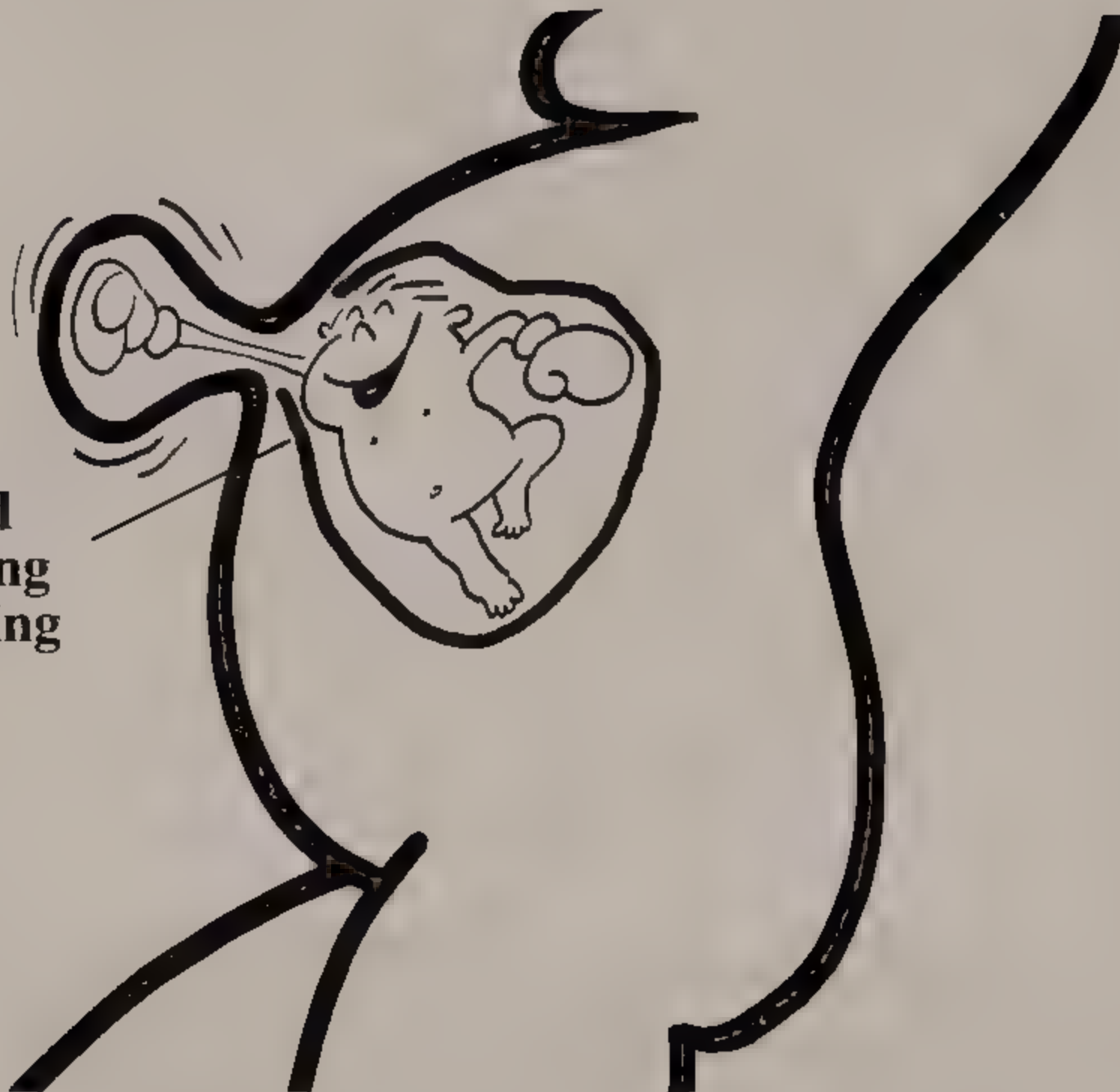
The battle-ax nurse is tired of stepping over unconscious fathers and thinks Pregnant Fathers should stay in the waiting room, pacing where they belong.

THE PREGNANT FATHER



During recovery, the wise Pregnant Father assures his wife that she is thin, attractive and desirable.

**"I heard Dad
say he was going
to give me boxing
lessons."**



**"Homer?
This classical name fad
has gone too far."**



RECOVERY

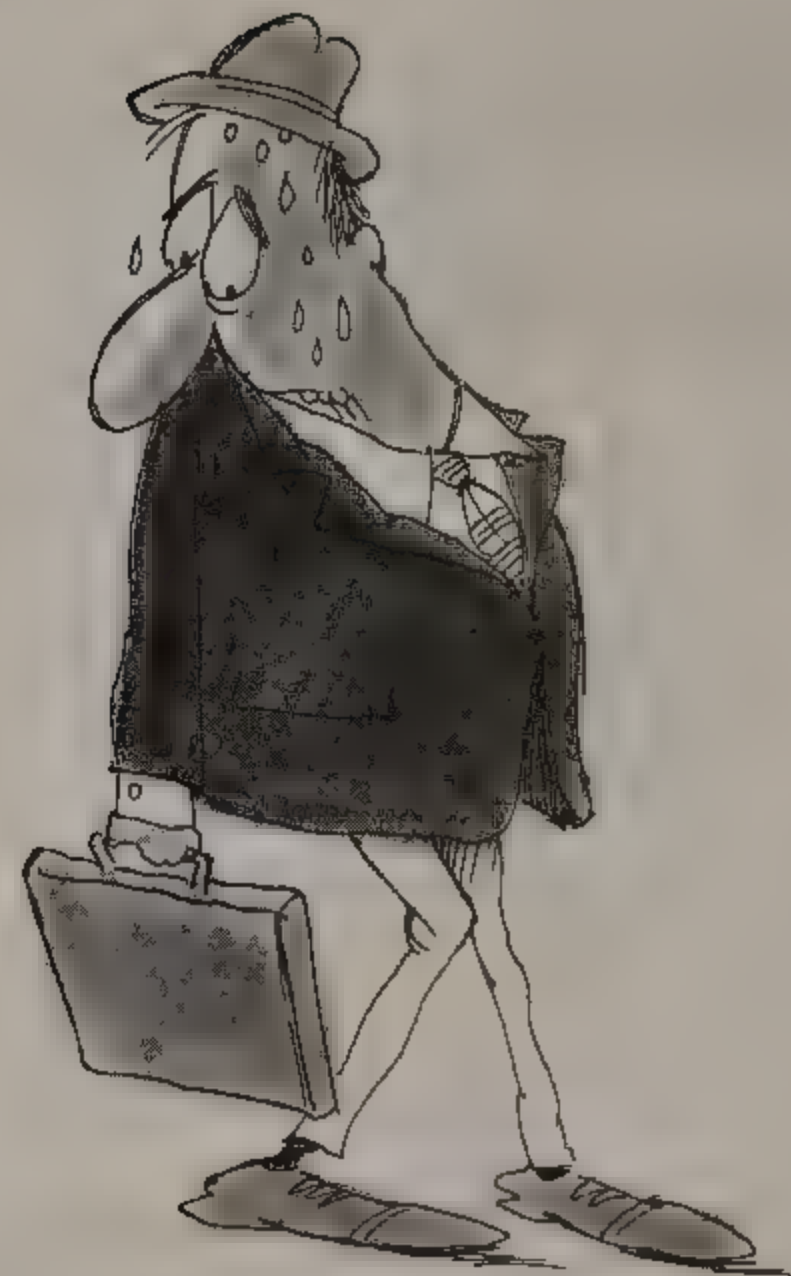
Far more important than everything that came before it. Reassure your wife that she is thin, attractive and desirable. You LOVE stretchmarks. Do NOT suggest sex. Ignore everything she says for the first seven days, particularly things like "I want a divorce," "This baby is trying—really trying to drive me crazy. I think he's possessed." "You're a real PIG. I don't know what I ever saw in you in the first place. I want a divorce." This is known as Post-Natal Depression and is the main reason primitive people separated new mothers from the men in the tribe; it's unlikely that even the fiercest warrior would survive an hour with a woman who had just decided that she hates this dreary, old hut, just HATES it.



RECOVERY

Do not, ever, under any circumstances, so much as mention the fact that you had a bowel movement that morning—or that you might have one now, or intend to have one later. This will serve to underline how insensitive you really are. A truly loving husband does not even defecate until his wife's last stitch has dropped out.

Congratulations...and Good Luck!



THE PREGNANT FATHER



During Post-Natal-Depression, the father can safely ignore all his wife's demands for immediate divorce. This will pass.

THE PREGNANT FATHER



Being a Pregnant Father is not an easy task, but the rewards of having your baby make all the tribulations worthwhile.

Other books we publish are available at many fine stores. If you can't find them, send directly to us. \$7.00 postpaid

2400-How To Have Sex On Your Birthday. Finding a partner, special birthday sex positions and much more

2402-Confessions From The Bathroom. There are things in this book that happen to all of us that none of us ever talk about, like the Gas Station Dump, the Corn Niblet Dump and more

2403-The Good Bonking Guide. Great new term for doing "you know what". Bonking in the dark, bonking all night long, improving your bonking, and every thing else you ever wanted to know.

2407-40 Happens. When being out of prune juice ruins your whole day and you realize anyone with the energy to do it on a weeknight must be a sex maniac

2408-30 Happens. When you take out a lifetime membership at your health club, and you still wonder when the baby fat will finally disappear.

2409-50 Happens. When you remember when "made in Japan" meant something that didn't work, and you can't remember what you went to the top of the stairs for.

2411-The Geriatric Sex Guide. It's not his mind that needs expanding; and you're in the mood now, but by the time you're naked, you won't be!

2412-Golf Shots. What excuses to use to play through first, ways to distract your opponent, and when and where a true golfer is willing to play

2416-The Absolutely Worst Fart Book. The First Date Fart, The Lovers' Fart, The Doctor's Exam Room Fart and more.

2417-Women Over 30 Are Better Because... Their nightmares about exams are starting to fade and the r handbags can sustain life for about a week with no outside support whatsoever

2418-9 Months In The Sac. Pregnancy through the eyes of the baby, such as: why do pregnant women have to go to the bathroom as soon as they get to the store, and why does baby start doing aerobics when it's time to sleep?

2419-Cucumbers Are Better Than Men Because... Cucumbers are always ready when you are and cucumbers will never hear "yes, yes" when you're saying "NO, NO"

2421-Honeymoon Guide. The Advantages Of Undressing With The Light On (it's easier to undo a bra) to What Men Want Most (being able to sleep right afterwards and not talk about love)

2422-Eat Yourself Healthy. Calories only add up if the food is consumed at a table and green M&M's are full of the same vitamins found in broccoli.

2423-Is There Sex After 40? She liked you better when the bulge above your waist was in your trousers. He thinks wife-swapping means getting someone else to cook for you.

2424-Is There Sex After 50? Going to bed early means a chance to catch up on your reading and you miss making love quietly so as not to wake the kids.

2425-Women Over 40 Are Better Because... No matter how many sit-ups they do, they can't recapture their 17-year-old body—but they can find something attractive in any 21-year-old guy.

2426-Women Over 50 Are Better Because... They will be amused if you take them parkng, and they know that being alone is better than being with someone they don't like.

2427-You Know You're Over The Hill When... All your stories have bored

most acquaintances several times over. You're resigned to being overweight after trying every diet that has come along in the last 15 years

2428-Beer Is Better Than Women Because (Part II)... A beer doesn't get upset if you call it by the wrong name; and after several beers, you can go to sleep without having to talk about love.

2429-Married To A Computer. You fondle it daily, you keep in touch when you're travelling and you stare at it a lot without understanding it

2430-Is There Sex After 30? He thinks foreplay means parading around nude in front of the mirror, holding his stomach in, and she found that the quickest way to get rid of a date is to start talking about commitment.

2431-Happy Birthday You Old Fart! You spend less and less time between visits to a toilet, your back goes out more than you do and you leave programming the VCR to people under 25.

2432-Big Weenies. Why some people have big weenies while other people have teenie weenies; as well as the kinds of men who possess a member, a rod and a wang—and more!

2433-Games You Can Play With Your Pussy. Why everyone should have a pussy; how to give a pussy a bath (grease the sides of the tub so it can't claw its way out); and more!

2434-Sex And Marriage. What wives want out of marriage—romance, respect and a Bloomingdale's chargecard, what husbands want out of marriage—to be allowed to sleep after sex.

2435-Baby's First Year. How much will it cost, secrets of midnight

feedings, do diapers really cause leprosy and other vital info for parents.

2436-How To Love A New Yorker. You love a New Yorker by pretending to understand their accent, sharing a parking space and realizing they look at "Out of Towners" as new income.

2437-The Retirement Book. Updates the retiree on Early Bird Specials, finding their bifocals and remembering things like paying for the book.

2438-Dog Farts. They do it under the table, in front of the TV, and after devouring some animal they caught in the yard. This book describes them all.

2439-Handling His Midlife Crisis. By treating him like a child when he wants to feel young again and consoling him when he goes from bikinis to boxer shorts.

2440-How To Love A Texan. You love a Texan by agreeing that their chili is just a mite hot, humoring them when they refer to their half acre as a ranch and rushing to help when their belt buckle sets off a security alarm.

2441-Bedtime Stories for your Kitty. Kitties love a story before bedtime and this book guarantees to keep their attention: Gold socks and the 3 Teddy Bears, The 3 Little Kittens, and more.

2442-Bedtime Stories for your Doggie. This book of tales will keep big doggies as well as puppies entranced every night with stories like The 3 Billy Dogs Gruff, The Little Doggie That Could and many more

2443-60 With Sizzle! When your kids start to look middle-aged and when your hearing is perfect if everyone would just stop mumbling

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00447



0 2356124470

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ISBN# 0-88032-447-



0880324473

03/13/2017 21:46-2